

# SOCIAL MEDIA GUIDE

For iOS Devices



## PARENT GUIDE

August 2022



# WHY DO WE NEED THIS?

Statistics and social media do not get along. Every statistic about social media shows that it is harmful to us, which creates a problem. We can try to fight the adverse effects of social media by getting rid of it, yet, it seems impossible to live in a world without social media. And for our teens, social media is more than just an app; it's their social hub, hangout place, and a way to express themselves. Taking those things away can seem daunting. We need to equip ourselves with tools to help us lead our students in lives that fight the adverse effects of social media and, at the same time, glorify God.

Paul says it in Colossians 3:17:

17 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

If we are called to do everything for the Glory of God, that means two things when it comes to what we are learning today:

1. As parents, when we create rules, boundaries, and expectations, we are called to glorify God through it.
2. Our students don't need to obey parents just because they say so, but because they can glorify God through it.

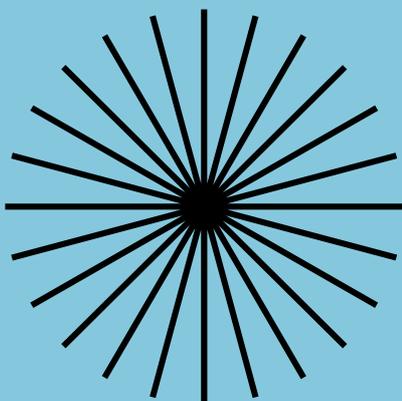
As this social media era has created such a significant roadblock in the lives of our families, we have realized that there is a HUGE opportunity for both our parents and students to be challenged on glorifying God when it comes to how we should deal with social media and parental controls.

Here is the reality: A study done back in 2017 revealed that 79% of teenagers would rather live in a world without social media. We can only imagine this number to have gone up in the last five years. This statistic means that your student hopes that someone will help them because our students feel the adverse effects. And they know they need help.

Our hope is not to make the lives of our students miserable; please read that again. We need you to give your students grace and love as you set up limits and rules. Give them opportunities to glorify God instead of just doing what you say, give them a chance to show that you can trust them, and help them find healthy ways to interact with their social media.

We pray that this guide helps you and your family experience a closer relationship with God and allows you to glorify Him in everything that you do!

**The PSC YOUTH Team.**



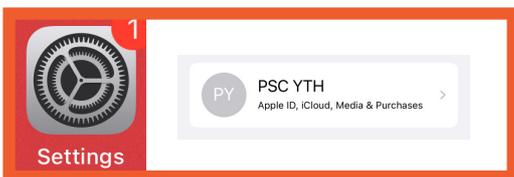


# PARENTAL CONTROLS

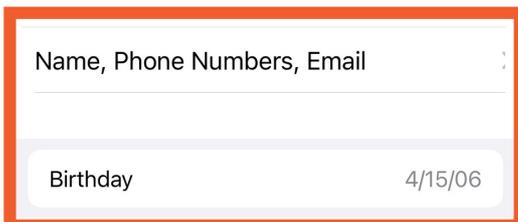
With Content & Privacy Restrictions in Screen Time, you can block or limit specific apps and features on your students' devices. You can also restrict their settings on an iPhone, iPad, or iPod touch for explicit content, purchases and downloads, and privacy.

Steps:

**This part is done on your student's phone.**



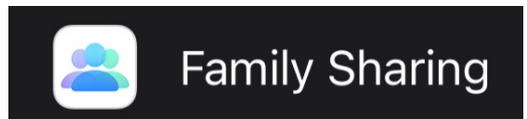
Go to **settings-Apple ID-Name, Phone Numbers, Email**-Make sure the birthday information is correct.



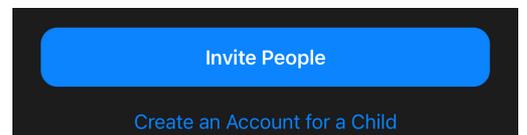
**This part is done on the parent's phone.**



Go to **settings-Apple ID-Name, Family Sharing-+Add Member**.

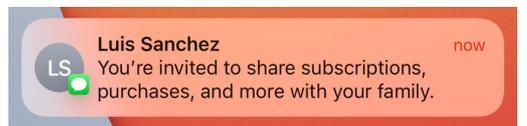


If the student already has an iPhone, click "Invite People." If they're under 13 years old, click "Create an Account for a Child."

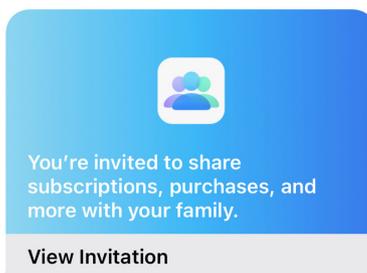


Send the invitation to your student by text, or airdrop for the easiest way, or click "Invite in Person" if they can provide their Apple ID and password.

**This next part is done on your student's phone.**



They'll receive a text with the invitation to join the family.



Have them accept the invitation from the text.



# PARENTAL CONTROLS



## You're Invited

Luis Sanchez has invited you to join a family.

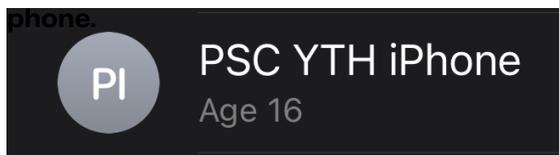
Joining a family lets you share subscriptions, purchases, and more with family members, while using your own account to maintain your privacy and personal settings.

[Join Family](#)

[Decline Invitation](#)

Ask them to click on "Join Family".

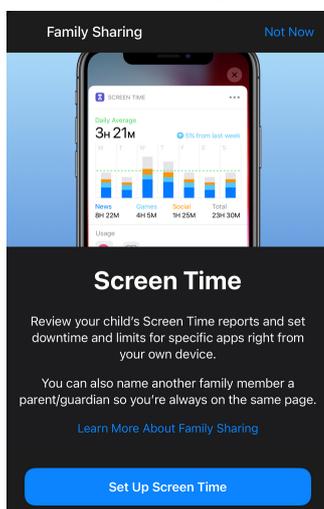
This part is done on the parent's phone.



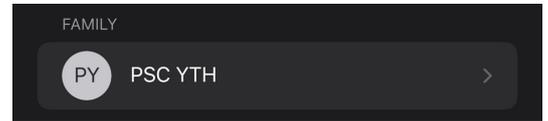
After clicking on done, your student's name should appear on your Family Sharing page.



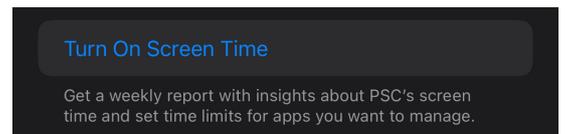
Scroll down and go to **Screen Time**.



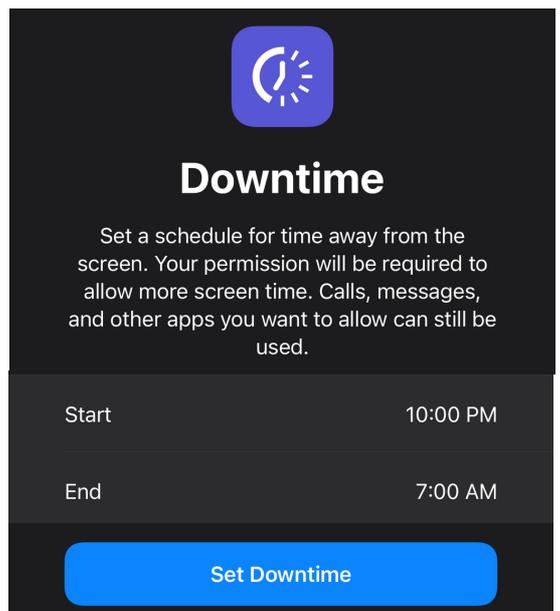
Screen time will allow you to set up a schedule, time limits and restrictions on specific apps on your student's phone, all from your very own phone. This makes it easier to set controls for your student. Click on **"Set Up Screen Time"**.



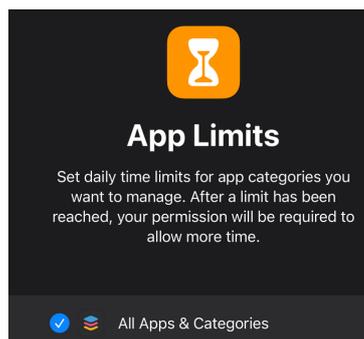
Select your student.



Tap on **"Turn On Screen Time."** You'll see a screen with some features that you'll enjoy with screen time. Click **"Continue"**.



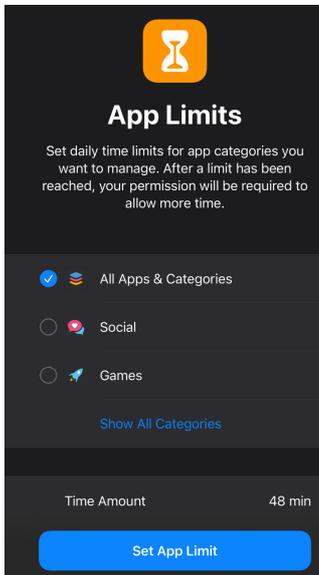
You can set Downtime to limit the use of your student's phone after a certain hour of the day. Tap **"Set Downtime"** when you are done.



You can set app limits, a certain amount of minutes that students can use apps everyday.



# PARENTAL CONTROLS



You can select "All apps & categories" to apply to everything, or select specific categories. You'll get a chance to choose specific app later on. Select the amount of hours and minutes that you which to allow your student to use those apps in a day.

Read the Content & Privacy screen and click "**Continue**".

## Screen Time Passcode

Create a passcode that will be required to allow for more time, or to make changes to Screen Time settings.

Create a new Passcode just for Screen Time. **DO NOT LET YOUR STUDENT KNOW WHAT THIS PASSCODE IS.** Instead, re-enter the passcode, and you should be taken to the screentime home screen.

That's it! There are many other settings that you'll need to explore. This whole system requires much tinkering to make it perfect, so we encourage you to try it out and keep an open conversation with your student to make sure that you're happy with the results.

More info on settings:

**Communication Limits:** You can set which contacts your student is allowed to communicate with once their time limit is up or during their downtime.

**Communication Safety:** You can allow iPhone's AI to detect nude photos before sending or receiving them on your student's device. This notifies the student and offers help to allow them to make a safe decision.

**Always Allowed:** You can select apps that your student can always use, even during downtime. This can be helpful for location apps and, of course, The Bible App!

**Content Restrictions:** You can set all types of restrictions. You can allow or block the ability to download or delete apps. Restrict specific apps. Set up web protection, and allowed websites. Age restrictions, and much more.

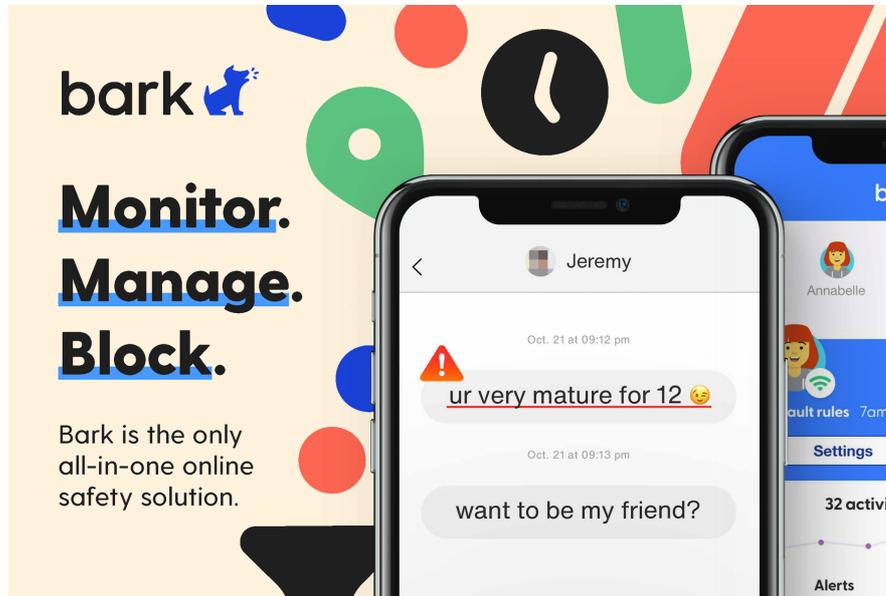


Back in the main Family Sharing screen you can select "**Ask To Buy**". Activating this makes it so that anytime a student wants to download an app for the first time, you will receive a notification where you can allow that download or reject it.

Unfortunately, if a student has installed an app and then deleted it, they'll be able to re-download the app without going through the Ask To Buy process.

We believe this is a great tool to create controls for our students to have a healthy exposure to their phones and apps. We understand this method lacks monitoring texts, activity, web searches, etc. Apple is very focused on privacy, and they don't allow us to achieve monitoring through their parental control system. We have some options when it comes to monitoring.

# bark



### Monitor content

Get alerts from 30+ apps and social media platforms for signs of issues like cyberbullying, online predators, and violence.



### Manage screen time

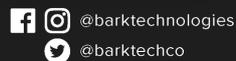
Choose how much screen time your child will receive and when they can access the internet on their device.



### Filter websites

Allow and block access to specific websites or even whole categories like streaming services, online gaming, and more.

Visit [bark.us](https://www.bark.us) to sign up and try us free for seven days.



Bark is the best third-party parental control app. Its best features involve the monitoring and flagging of any messages that might be dangerous or inappropriate. This takes away the need to go through countless text messages to find anything alarming.

Bark is a paid program that does provide various features that might be just what you need. The cost is \$14 a month or \$99 per year.

You can visit <https://www.bark.us/> to check it out. In addition, you can try out the 7-day free trial. We have partnered with Bark to provide parents with a great way to keep our students safe. If you are using the free trial or subscribing to Bark, please use **"PSYTH"** under the referral code to support our ministry.

The cons to Bark are that it can't monitor Instagram DMs and that you won't get updated notifications until your student is connected to your home wifi since Apple won't allow it to share that data straight from the phone.

# NOTES

# *Social Media Workshop*

08.20.21 | 10-2PM | PALMETTO SHORES

Looking to go more in-depth? Want to know more about all the apps that your student is using? Need hands-on technical help?

Sign up for our Social Media Workshop event!

Visit [www.psc.church](http://www.psc.church) sign up or scan the QR code below.



## STAY CONNECTED

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PSC/  
YTH



*Palmetto Shares*

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